Let's start talking infertility

An expert is urging people to get beyond the stigma and start communicating about their reproductive systems — and what happens when something is amiss PAGE 10

LADIES ALL HAD BOND AMBITION

A LOOK AT SOME OF THE FEMMES FATALES WHO HAVE FALLEN FOR 007 OVER 50 YEARS OF BOND MOVIES PAGE 7

REGIONAL metro®

Tuesday, May 1, 2012

News worth sharing.

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ROYALS TO VISIT REGINA

Prince Charles, Prince of Wales, and his wife, Camilla, The Duchess of Cornwall, at the Royal Ascot races in Berkshire, near London. Premier Brad Wall announced Monday that Their Royal Highnesses will visit Regina on May 22 and 23 to celebrate Her Majesty The Queen's Diamond Jubilee with the people of Saskatchewan. While in town, the couple will participate in a centennial celebration at the Saskatchewan Legislative Building and tour First Nations University. They will also attend a performance by the Regina Symphony Orchestra, of which His Royal Highness is a Royal Patron. The Diamond Jubilee, which began on Feb. 6, is a year-long event celebrating the 60-year reign of Queen Elizabeth. The couple will also be visiting New Brunswick and Toronto during their three-day trip to Canada. ADRIAN DENNIS/GETTY IMAGES

Local heads to Silicon Valley

Janice Taylor is one of a dozen women chosen for the TechWomen Canada program based on her social networking Just Be Friends website PAGE 2

The STARS have arrived

The Shock Trauma Air Rescue Society (STARS) has launched its services in Saskatchewan, providing responsive emergency care via helicopter PAGE 2

Can Black come back?

Conrad Black is due to be released from prison on Friday, but lawyers say it would be very difficult for him to go back to Canada PAGE 3

No NFL, no problem

24-year-old defensive end Bo Adebayo was set on getting into the NFL, but now he's looking to play football Canadian style PAGE 14

Our jails are full: Fenwick

Bill C-10. Saskatchewan ombudsman says province's correctional centres already hold twice as many as they should

Saskatchewan's ombudsman says he's very concerned that overcrowding in jails could go "from bad to worse."

Kevin Fenwick said in his annual report that correctional centres in Saskatchewan already house almost twice as many inmates as they were designed to hold. He said the situation could deteriorate further with the recent passage of the federal omnibus crime bill.

Bill C-10 increases sentences for drug and sex offences and reduces the use of conditional sentences such as house arrest. Critics say the changes will do nothing for public safety and will increase jail populations.

"No one can predict with certainty how great the impact will be, but it would be naive to suggest that the impact will be anything less than significant," Fenwick wrote in his report released Monday.

Fenwick said some of the problems are obvious, such as double-bunking in cells designed for one person. There is the potential that three inmates may be squeezed into cells designed for one, he said.

Overcrowding poses serious health and safety risks for inmates, he said, but it also poses risks for the corrections workers supervising them.

"Perhaps what is most significant in the long term, however, is that every time a classroom is converted into a dormitory, every time resources must be reallocated away from education and training for prisoners, and every time correctional centres are reduced to just guarding inmates, our jails take a step backward," he said.

"It is true that jails are intended to be places of security and punishment — the punishment being segregation from society. But jails must also be places of rehabilitation."

Fenwick said if people coming out of jail with a trade are much less likely to reoffend. THE CANADIAN PRESS

Quoted

"Entire sections of our jails that had been closed due to their age and poor condition, and should have remained so, have been reopened because there is nowhere else to put the inmates."

Kevin Fenwick, Saskatchewan ombudsman

1

NEWS

On the web

Don't fly low over these birds

Two U.S. pilots have been charged with harassing animals after flying their planes too low near thousands of resting migratory birds in Iowa. Read more about the obscure hunting law at metronews.ca

Withdrawal after leaving the womb

The number of newborns going through withdrawal has tripled in the past decade as more mothers abuse painkillers such as Vicodin, OxyContin and even heroin. Get the full story at metronews.ca

Mobile news

A Sikh advocacy group has launched a free mobile application that allows travellers to complain immediately to the government about unfair treatment by airport-security screeners. Scan the code for the story.

Air ambulance. STARS helicopter service lifts off

A member of STARS prepares to board for a mission.
STARS/MARK MENNIE

On Monday, the Shock Trauma Air Rescue Society (STARS), an Alberta non-profit organization that provides rotary wing air medical transportation, launched its services in Saskatchewan.

The red helicopter will act as an air ambulance, providing responsive emergency care for critically ill and injured patients across the province.

Until the fall, when the Saskatoon hanger is opened, Regina will be the only base of operations for the organization in the province. Patients will be brought to the Regina hanger, where an ambulance will be waiting to take them to the nearest hospital.

Each team on a flight will consist of a pilot, a co-pilot, a paramedic, a nurse and occasionally a flight physician. The crew will consist of 20 to 30 medical personnel and 10 pilots, and will rotate every 12 hours daily, year round.

The Saskatchewan government entered a 10-year agreement with STARS and is investing $5 million annually, with an estimated $10 million annually in future years, to bring the service to the province.

STARS relies on provincial contracts such as these for funding, as well as both public and corporate donations.

On April 6, 2011, Mosaic Potash Corporation announced its contribution of $5.5 million. Husky Energy, Rawlco Radio and Enbridge have also committed financial support to the service.
CARRIE-MAY SIGGINS/METRO

Regina entrepreneur off to Silicon Valley

Just Be Friends. Web idea came to her after spending time with media guru Oprah

CARRIE-MAY SIGGINS
carrie-may.siggins@metronews.ca

Janice Taylor has come a long way in interactive media since her early days battling the foil-covered rabbit ears on her single mom's broken TV. Taylor, 36, is one of 12 women chosen from across the country by the Consulate General of Canada to participate in the TechWomen Canada program in Silicon Valley.

The competitive program is a three-month mentorship for an entrepreneur to study under a high-profile mentor (people from companies such as Google and Twitter).

Taylor's winning project is based on a site she launched two years ago, called Just Be Friends (JBF). Originally conceived as a way for women to meet other women for friendship and as a healthy, positive online space for women, the site "blew up" soon after its launch.

Taylor was chosen as one of Oprah's Ultimate Viewers and won a two-week vacation in Australia with the media guru. JBF received a massive amount of attention and from there, another idea was born.

"After (the project blew up), a lot of the women who came to the site loved it, but also just wanted it for their kids."

It was something she heard over and over again — the demand for a healthy, safe online space where kids could be matched up as friends. At that point, the project, in tech parlance, "pivoted."

JBF Kids, geared towards kids under 13, will have a friendship-finder algorithm, designed by Taylor. There will be interactive games and a separate parental account where mom and dad can monitor their kids' interactions, check out who is requesting friendship and even socialize with other parents.

Taylor says that technology has moved so fast that parents, including herself, often feel overwhelmed by the possible dangers. She wants JBF Kids to be safe shelter for both kids and parents. "You wouldn't send your kid to a mall at nine years old by themselves," she says. "Why would you ever let them go to the Internet by themselves?"

Taylor is calling the technology she's bringing to Silicon Valley the "cord connection."

"When I was a kid," says Taylor, "my parents had one phone and it was in the kitchen. Everyone had to talk on that one phone. You stretched the cord as far as possible to get out of earshot, but it never worked. Your parents could hear. They knew who your friends were, they knew who your friends' parents were.

"Now, we have no idea who our kids talk to (online). We have no idea who their parents are. We've lost this cord connection."

Follow Carrie-May Siggins on Twitter @MetroCarrieMay

Janice Taylor was one of Oprah's Ultimate Viewers and won a two-week vacation in Australia with the media giant.
KIRIAKO PHOTOGRAPHY

Funding sought

No price tag for stadium pitch

The Saskatchewan government is tossing around an updated proposal from the city of Regina for a new stadium, but won't say how much the province is being asked to kick in.

Ken Cheveldayoff, minister responsible for the proposed multi-purpose facility where the CFL Saskatchewan Roughriders would play, says the city is outlining some of what it wants. But Cheveldayoff refuses to put a dollar figure on the amount and says it's up to the city to make that information public.
THE CANADIAN PRESS

YAC forum

City still registering active youth participants

On May 5 the Youth Advisory Committee (YAC) will hold its first annual forum, "Extreme Youth on the Move."

You still have a chance to be one of the 120 participants from across Regina to take part in the event.

It consists of six, 30-minute "try it" sessions. Activities include lacrosse, spin, swimming, basketball, yoga, Zumba and soccer.

There is also a craft activity for younger children to participate in. The activities are meant to encourage and promote positive lifestyle choices for children and youth over the age of six.

To register for "Extreme Youth on the Move," call the city's Playline at 777-PLAY (7529). METRO

City hall debate

Public forum seeks opinions on K-12 schools

A public forum is taking place Tuesday night to discuss issues related to the K-12 school system.

Parents and community members are invited by RealRenewal, an education advocacy group, to city hall to take part in the public debate. "There's been a series of significant changes made (to education) with little or no public input," said Trish Elliott, spokesperson for RealRenewal. "We want to find out what's happening on the ground."

RealRenewal will forward comments to decision-making bodies such as the Ministry of Education and the Regina Public School Board. The forum will also include discussion about opportunities for public action. CARRIE-MAY SIGGINS/METRO

Horror films. Art is not a crime, says accused filmmaker

A Quebec special-effects artist charged with corrupting morals will have to wait until the end of the year to go to trial.

Remy Couture, 34, has been awaiting trial on three charges stemming from short horror films he created about an imaginary mass killer.

He says that even if some people might consider his work to be too gory, that doesn't make it illegal.

He says the state has no business determining what qualifies as art and what doesn't.

Couture and his lawyers say the case is believed to be the first time such a charge has been laid against works related to the horror industry.

He has pleaded not guilty to three charges of moral corruption and distributing obscene material.

A jury trial was scheduled on Monday for December — more than three years after his arrest around Halloween 2009.

Even though it has cost him tens of thousands in legal fees, Couture says his fight — to prove that art is not a crime — is more important than money.

Remy Couture's trial will take place three years after his arrest.
GRAHAM HUGHES/THE CANADIAN PRESS

The freelance special-effects artist says the short films, posted on his website, had warnings about content.

As with any artist, Couture says he's always trying to push the limits of his craft.

It's that drive to disgust audiences has landed him in trouble with law enforcement.

The material relating to his charges includes a pair of short films and some photos depicting an imaginary psychopathic masked killer of Couture's making.

THE CANADIAN PRESS

Federal cuts. Thousands more civil servants told their jobs are 'at risk'

Another 3,800 civil servants were told Monday that their jobs are on the line.

Parks Canada took the biggest hit in the government's third wave of notifications, with over 1,000 people told their jobs are at risk.

More than 600 positions will be eliminated entirely.

"Canadians can expect fewer services and shorter seasons at national parks and historic sites," said Doug Marshall, of the union which represents about 3,000 Parks Canada workers. There will also be cuts at Human Resources and Skills Development and Statistics Canada.

THE CANADIAN PRESS

Cuts for savings

"Executives throughout government will receive hefty bonuses for doing these cuts."

Christine Collins of the Union of Canadian Transportation Employees.

British Columbia

Glider pilot charged in B.C.

The man who was piloting a hang glider when a woman fell to her death over B.C.'s Fraser Valley is accused of withholding key evidence. RCMP charged William (Jon) Orders just two days after Lenami Godinez, 27, fell seconds after she and Orders took flight.

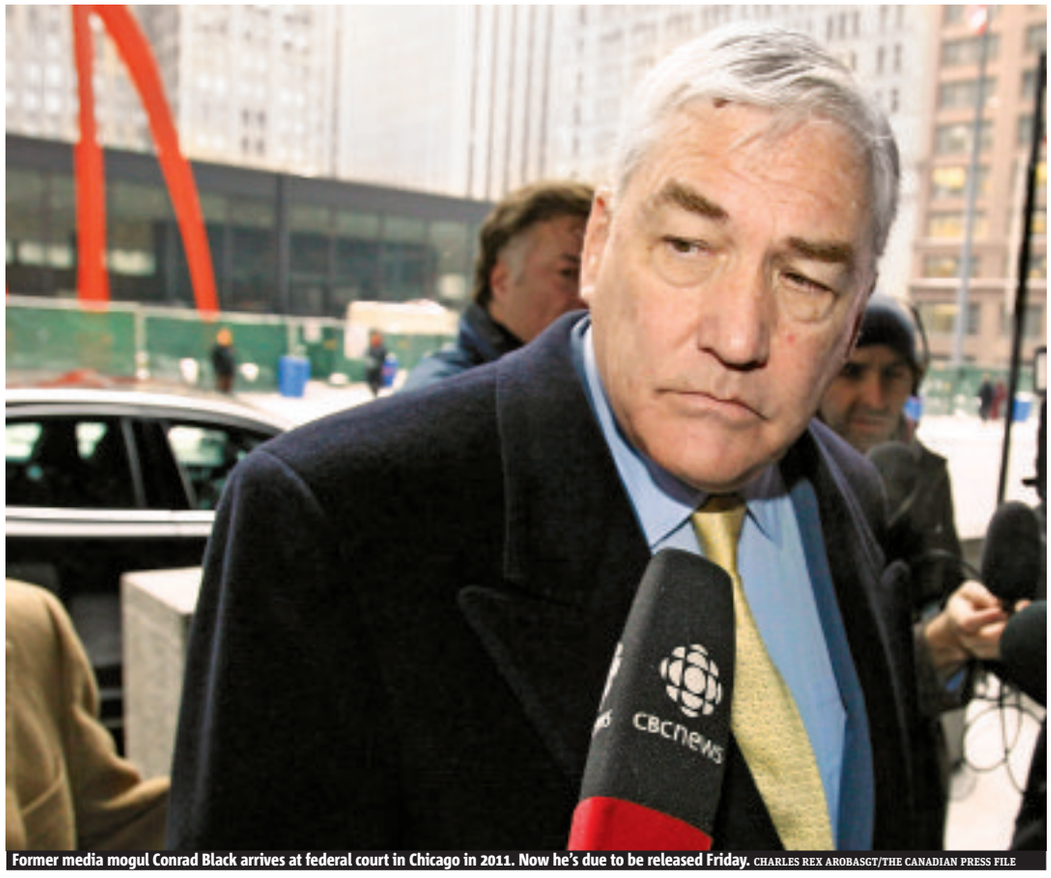
THE CANADIAN PRESS

Quebec

Students denounce colleagues

A division has emerged at the student protest marches being held nightly in Montreal, with a peaceful majority denouncing a smaller group intent on committing acts of vandalism. They aren't welcome, students say.

THE CANADIAN PRESS



Former media mogul Conrad Black arrives at federal court in Chicago in 2011. Now he's due to be released Friday. CHARLES REX AROBASGT/THE CANADIAN PRESS FILE

Black faces legal fight to return

Conrad Black. Disgraced media tycoon renounced his citizenship in 2001 to become a Lord; he will find it no easy feat to reclaim his passport

Immigration lawyers say Conrad Black faces yet another long legal battle if he hopes to return to Canada.

The disgraced former media baron, who renounced his Canadian citizenship to become a British lord, is due to be released Friday after serving three and a half years in prison.

Black has suggested he would like to reclaim his citizenship, but immigration lawyers say that would be no easy feat.

Black's fraud and obstruction of justice convictions make him inadmissible for permanent residency in Canada, despite the fact he's married to a Canadian citizen, Barbara Amiel.

They say Black's only hope is a temporary residency permit, which is permission from the immigration minister.

A recent Supreme Court ruling says Black would require such a permit to come back, but lawyers say it's anyone's guess as to whether he'll receive it.

Black has stated that he hopes to return to Toronto where he has a home. His memoir is a nominee for the 2012 National Business Book Award, and he hopes to attend the awards in Toronto in May.

THE CANADIAN PRESS

'Netherworld'

"The reality is this whole case, from an immigration and citizenship perspective, is operating in kind of a netherworld. I don't think anyone knows exactly what to expect." Immigration lawyer Joel Sandaluk about Black's chances.

Foreign Affairs Minister John Baird
SEAN KILPATRICK/THE CANADIAN PRESS

Baird halts dept's art sell-off

Foreign Affairs Minister John Baird has put a stop to his department's sale of paintings by some of the most famous and sought-after Canadian artists, including Riopelle, Borduas and Kurelek.

But 21 of the 22 valuable pieces that hung in embassies, consulates and official residences around the world now sit in a storage facility in nearby Gatineau, Que.

The sale, the first of its kind in the department's history, was part of wide-ranging budget cuts involving the closure of some offices and belt-tightening across the foreign service.

Some pieces were purchased when the artists were up-and-coming, collected by various missions since the 1930s.

A Jean Paul Lemieux canvas called "Girl with Fur Hat" was bought directly from the artist in 1963 for just $600. The department estimates its current value at $300,000, though another Lemieux recently fetched $2.34 million.

The plan was to sell the art to museums and public institutions. THE CANADIAN PRESS

Replica. Billionaire to build high-tech Titanic

An Australian billionaire said Monday he'll build a high-tech replica of the Titanic at a Chinese shipyard and its maiden voyage in late 2016 will be from England to New York, just like its namesake planned.

Weeks after the 100th anniversary of the sinking of the original Titanic, Clive Palmer announced that he had signed a memorandum of understanding with state-owned Chinese company CSC Jinling Shipyard to build the Titanic II.

Australian billionaire Clive Palmer
CROOK PUBLICITY/THE ASSOCIATED PRESS

The new ship would carry around 1,680 passengers. THE ASSOCIATED PRESS

Nigeria. Motorcycle suicide bomber drives into police convoy

A motorcycle-riding suicide bomber drove into a convoy carrying a top police official in northeast Nigeria on Monday, detonating his explosives and killing at least 10 people, rescue officials said.

The attack targeted police commissioner Mamman Sule, who was being driven in a convoy toward his offices near the governor's office in Jalingo, the capital of Taraba state, said police spokesman Ibiang Mbaseki. THE ASSOCIATED PRESS

Nigerian radicals

Gunmen attacked Christian worship services Sunday at a university campus and a church in northern Nigeria, killing 21 people.

U.S. seeks asylum deal for escaped Chinese activist

China. U.S. and Chinese officials negotiating a deal for blind dissident who claims he was beaten by officials

U.S. and Chinese officials are ironing out a deal to secure American asylum for a blind Chinese legal activist who fled house arrest, with an agreement likely before Secretary of State Hillary Clinton arrives this week, a U.S. rights campaigner said Monday.

Bob Fu of the Texas-based rights group ChinaAid said that China and the U.S. want to reach agreement on the fate of Chen Guangcheng before the annual high-level talks with Clinton and other U.S. officials begin in Beijing on Thursday.

"The Chinese top leaders are deliberating a decision to be made very soon, maybe in the next 24 to 48 hours," Fu said, citing a source close to the U.S. and Chinese governments. Both sides are "eager to solve this issue," said Fu, a former teacher at a Communist Party academy in Beijing whose advocacy group focuses on the rights of Christians in China and who maintains a network of contacts in the country.

"It really depends on China's willingness to facilitate Chen's exit," Fu said.

Chen, a well-known dissident who angered authorities in rural China by exposing forced abortions, made a surprise escape from house arrest a week ago into what activists say is the protection of U.S. diplomats in Beijing, posing a delicate diplomatic crisis for both governments.

In a video made after Chen escaped from his village and released last Friday, the activist made no mention of wanting to go abroad. Instead he beseeched Premier Wen Jiabao to investigate the beatings, harassment and other mistreatment he, his wife, and daughter suffered at the hands of local officials during 20 months of house arrest.

If Chen were willing to leave China, Washington could ill afford to turn him away. Clinton and other senior officials have repeatedly raised his case in meetings with Chinese officials. THE ASSOCIATED PRESS

Politics

The Obama administration is facing political pressure.

- Obama is already under fire from Republicans over a case in which an aide to a senior Chinese leader entered the U.S. Consulate in Chendgu but then left, turning himself over to Chinese investigators.

Chen Guangcheng sits in a village of China, where he is known for his human rights campaigns. SUPPORTERS OF CHEN GUANGCHENG/THE ASSOCIATED PRESS

Fatal shipwreck

Ferry capsizes in northeastern India

A packed ferry boat capsized in heavy winds and rain in remote northeastern India late Monday, leaving at least 35 people dead and 165 others feared missing, police said.

Assam state police chief J.N. Choudhury said the boat was carrying about 350 passengers and broke into two pieces. About 150 people who were travelling on the top level were rescued or swam to safety, he said.

Details were sketchy because bad weather and the remoteness of the area hampered communication. Strong winds and rain likely caused the accident, Choudhury said. THE ASSOCIATED PRESS

Afghanistan

Coalition under-reporting misfires

The U.S.-led military coalition in Afghanistan is under-reporting the number of times that Afghan soldiers and police open fire on American and other foreign troops.

The coalition routinely reports attacks in which a coalition soldier is killed by an Afghan in uniform, but it does not report the instances in which an Afghan wounds U.S. or NATO troops or misses his target.

Officials acknowledge the attacks are a worrisome problem for the U.S. and its military partners as they work increasingly closely with Afghan troops in preparation for handing off security responsibility. THE ASSOCIATED PRESS

The news in pictures

1 Al-Qaida. U.S. president speaks on Bin Laden death anniversary

President Barack Obama says the anniversary of the death of Osama bin Laden is a time for reflection. AL-JAZEERA VIA APTN/THE ASSOCIATED PRESS

2 Uganda. Officials claim Kony being backed by Sudan

There is a renewed claim that the rebel leader is being backed by Sudanese government. THE ASSOCIATED PRESS FILE

3 Mullet Sr. Hair-cutting suspect received more than $2 million

Judge weighs government request to have Sam Mullet Sr. hire a private attorney. AMY SANCETTAINE/THE ASSOCIATED PRESS

4 Politics. Kerry could be the next U.S. secretary of state

There is speculation that Obama could appoint John Kerry in a second term. LOUIS LANZANO/THE ASSOCIATE PRESS

5 Myanmar. Aung San Suu Kyi to take the oath of office

The new leader will continue to seek constitutional change. SAKCHAI LALIT/THE ASSOCIATED PRESS

Banks got billions during financial crisis, report says

Federal funds. Ottawa maintains Canada's banks did not require a bailout during the 2008-09 economic crash

Canada's big banks received billions in support from the federal government and the Bank of Canada during the 2008-09 financial crisis, a report by the Canadian Centre for Policy Alternatives says.

"While these funds were repaid in full, it is clear that the banks benefited enormously from public financing when private funds were unavailable," wrote David Macdonald, author of the report released Monday.

"In addition, had the rapid and enormous deployment of public funds not been available, most, if not all, Canadian banks would have encountered serious difficulty."

The left-leaning think-tank estimated the country's largest financial institutions borrowed nearly $75 billion in short-term collateralized loans from the Bank of Canada and the U.S. Federal Reserve, peaking at $41 billion and $33 billion respectively.

The banks also sold a total of some $69 billion worth of insured mortgage-backed securities to the government, the report estimated.

The Centre for Policy Alternatives based its report on information provided by Canadian public institutions and analysis of the banks' financial reports.

The report noted that much of its work was based on estimates because the federal government and the Bank of Canada have refused requests for a detailed accounting.

"A healthy financial system cannot be based on massive government support for which the details remain secret," the report said.

Ottawa has said repeatedly that Canada has one of the soundest banking sectors in the world and the country's banks did not require a bailout during the 2008-09 financial crisis.

THE CANADIAN PRESS

Finance Department

Finance Department spokesman Chisholm Pothier said the government extended financing "at competitive interest rates," not subsidies.

- The Canadian Bankers Association, which represents the country's banks, said the funding was put in place to ensure that credit was available to lend, not because the banks were in danger of going bankrupt.

StatsCan

Canadian GDP falls in weak February

The Canadian economy unexpectedly shrank in February due to a slowdown in the mining and manufacturing sectors, dampening expectations that the Bank of Canada will raise interest rates soon.

Statistics Canada reported Monday that the country's gross domestic product declined by 0.2 per cent from January. Economists had been expecting growth of 0.2 per cent. THE CANADIAN PRESS

Market Minute

DOLLAR 101.22¢ US (-0.72¢)

TSX 12,292.69 (+54.95)

OIL $104.87 US (+6¢)

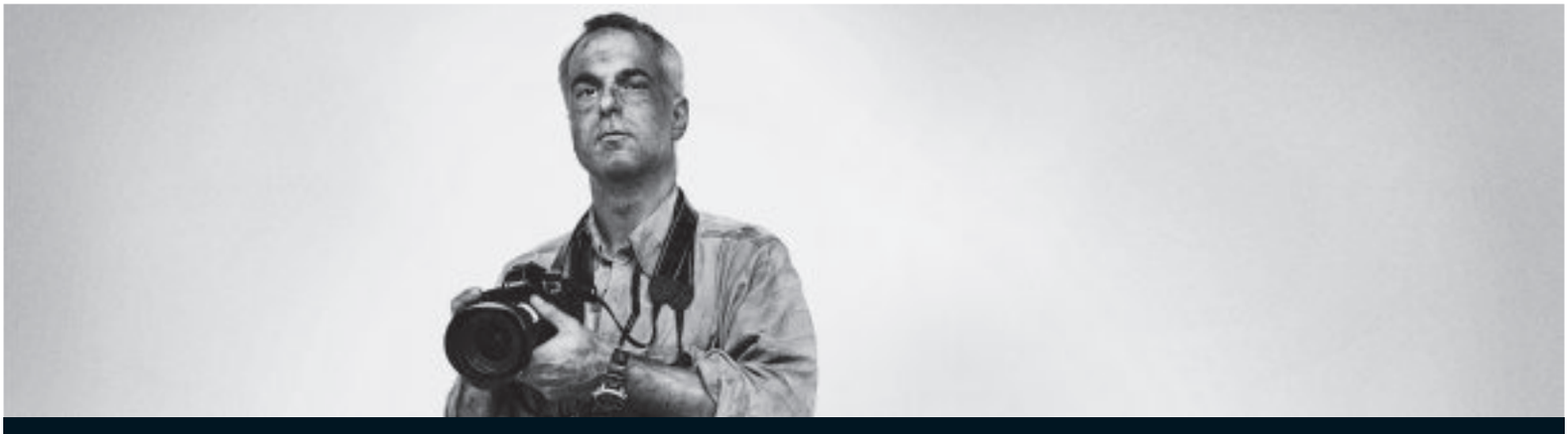
GOLD $1,664.20 US (-60¢)

Natural gas: $2.285 US (+9.9¢)
Dow Jones: 13,213.63 (-14.68)

Competition coming

A Barnes & Noble Nook Color e-reader, left, is shown next to a Nook Simple Touch e-reader on display at a Best Buy in Mountain View, Calif., on Monday. Books and bits united Monday as Microsoft provided $300 million to help Barnes & Noble compete with top electronic bookseller Amazon. In exchange, Microsoft gets a long-desired foothold in the business of ebooks and college textbooks. The two companies are teaming up to create a subsidiary for Barnes & Noble's ebook and college-textbook businesses, with Microsoft taking a 17.6 per cent stake. Microsoft also said the deal means that there will be a Nook application for Windows 8 tablets, set to be released this fall. The app is likely to get a favoured position on Windows 8 screens. The deal also puts to rest concerns that Barnes & Noble doesn't have the capital to compete in the ebook business with market leader Amazon.com Inc. and its Kindle, said analyst David Strasser at Janney Capital.

PAUL SAKUMA/THE ASSOCIATED PRESS



MAY 15, 2012

BRING YOUR CAMERA

We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome.
Read more at aday.org. Let's picture the world. Together.

Founding partner
ERICSSON VINGE snapfish SWECO VASAKRONAN SVENSKA POSTKODLOTTERIET DN.

ADAY.ORG

A TRIP ABROAD IS THE ULTIMATE RELATIONSHIP BAROMETER

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Travelling together is an important rite of passage for all couples. And I'm not referring to the sitting in matching deck chairs while you sip mojitos at some all-inclusive resort kind of "travelling"; I'm talking about real globe-trotting.

While traversing foreign continents can mean sharing some wonderfully romantic moments together, it can also (and somehow simultaneously) be a complete and utter nightmare. Seeing the world hand-in-hand is an eye-opening experience that can bring you closer together or tear you apart.

Dating in second gear

You'll quickly learn that there is such a thing as "too much time together." You will get on each other's nerves and there won't be anywhere to escape to.

You really don't know if you're going to be good together forever until you've seen each other at your worst. This usually happens after 18 hours in transit or in a cockroach-infested hostel in South East Asia. So taking your relations on the road — whether by car, bus, train, plane, or boat — can be an excellent compatibility test.

Being together for an extended period of time requires a whole new level of intimacy. Bad habits are exposed and there's no hiding your true colours from one another. You will discover all of your sweetie's idiosyncrasies (over-packing, tardiness, disorganization, bad hygiene), and your patience will be tested to the very edge.

You'll quickly learn that there is such a thing as "too much time together." You will get on each other's nerves and there won't be anywhere to escape to. A couple of years ago I went on a three-week European vacation with my boyfriend. During that trip, I often found myself hiding out in the bathroom just so I could have some proper alone time.

The most important thing you should pack on any trip together — other than your passport — is a sense of humour. There will be times when you'll feel overwhelmingly hungry or sick, or tired. Things will go wrong — you'll miss a train, lose your Visa card, eat questionable seafood, break your camera — and you will have to keep going.

The most important thing for couples to remember is that you will fight; it is inevitable and unavoidable. Eventually, those "we'll laugh about this later" incidents will get to you and you'll reach your breaking point. You'll scream, cry and have a miserable sort of breakdown that makes you look like a complete crazy person.

Here's the thing: if you do all of that and your partner STILL wants to sit next to you on the plane ride home, well then, you know it's meant to last.

Are you ready to take the relationship road test? ISTOCK

Honeybees start buzzing

PAT WELLENBACH/THE ASSOCIATED PRESS

Bee yourself

State of honeybees up in the air

A bee works on collecting nectar from a fruit tree in West Bath, Maine, Monday. A state bee expert says conditions are perfect for another honeybee die-off, after a mild winter and unseasonably warm early spring have created conditions reminiscent of 2010, when an explosion in the mite populations killed off many colonies. THE ASSOCIATED PRESS

On Canadian soil

Population has depleted recently

The health of the bee population in Canada has been a concern in recent years due to the infestation of mites. In the last seven years or so, the over-winter loss rate of hives has fluctuated between 20 and 30 per cent. Prior to that, it was generally five to a maximum of 15 per cent. There is also a worry the mites will become resistant to the products used to treat them. THE CANADIAN PRESS

So far, so good

- This year in Canada is so far, so good. Although it's still early in the season, anecdotal reports from beekeepers and provincial apiarists across the country indicate this spring the survival rate for bees in Canada seems to be fairly good.
- It could be because beekeepers are addressing the mite problem better than they have in the past and it could be a function of the mild winter across much of the nation.

On the map

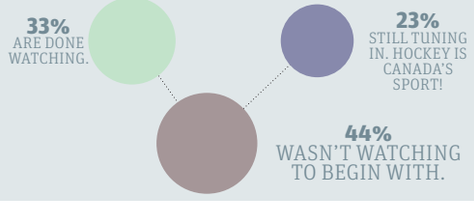
5th

Canada is the fifth-largest honey producer in the world, with about 7,000 beekeepers operating a total of 600,000 honeybee colonies, says Rod Scarlett, executive director of the Canadian Honey Council, based in Sherwood Park, Alta.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Now that there are no Canadian teams left in the playoffs, you...



Twitter

@curtispearce:
This is a much bigger spot than I realized; it'd b awesome if something moved into revitalize 1700 block Hamilton #YQR http://pic.twitter.com/IIhASyLR

@MakinsonAQ:
Big changes coming for farmers http://shar.es/2frYi #cdnpoli #skpoli #yqr #yxe #cpc #ndp

@garretwoynarski:
Must be summer-ish in #yqr if the stop-light window washers are out. #makingabuck http://pic.twitter.com/Hep22R7y

@CitySleuth_SK:
If you have had an experience caring for a loved one thru cancer treatment here in #YQR, I really want to hear from you. it matters.

@Rider_Girl3:
I know I asked once a while ago but I forget. Where should I go to get a tattoo in Regina?! I have no clue! #help #YQR

metro

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Beauty and the Bond film

Despite being a serial womanizer, 007 is actually more particular about his women than his martinis. In order to share the screen and the sheets with the suave secret agent there are stiff prerequisites: 1) Possess a rocking body worthy of a triple-take 2) Pull off a name dripping with giggly double entendres. 3) Point two can be overlooked provided the answer to one is "complete knockout." We reminisce and catch up a little with five of James' ex gal-pals.

MIKE DOJC
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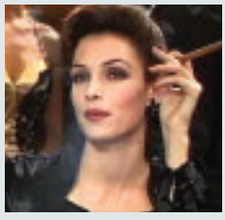

Famke Janssen

Age: 46
Bond girl name: Xenia Onatopp
Movie: GoldenEye

Onatopp first gets Pierce Bronson's motor sputtering when he sees her burning rubber in a Ferrari 355 GTS. While the ex-KGB agent's predilection for street racing and baccarat intrigue Bond, when he finds out crushing men to death with her thighs whilst making love is also a hobby of hers he draws the line.

Flirt Spurt: Onatopp —"You don't need the gun ... Commander." Bond —"That depends on your definition of safe sex."

Post Bond: Her turn as Jean Grey in the X-Men flicks is what the Danish actress is now best known for. This fall she'll reprise her role as Liam Neeson's wife in Taken 2.

Carey Lowell

Age: 51
Bond girl name: Pam Bouvier
Movie: License to Kill

An ex-army pilot turned CIA informant, this statuesque looker can handle herself in hairy situations often outshining Timothy Dalton in the taking care of bad guys business. In the documentary Bond Girls Are Forever Lowell shared that Dalton provided detailed instructions on how she should lock lips with him.

Flirt Spurt: "If it weren't for me your ass would've been nailed to the wall!"

Post Bond: Played assistant district attorney Jamie Ross on Law & Order and on the short lived spinoff Trial By Jury. She tied the knot with hubby Richard Gere in 2002.

Jane Seymour

Age: 61
Bond girl name: Solitaire
Movie: Live and Let Die

The smart and saucy British bombshell helped ease Roger Moore into his role as the dashing MI6 operative. Moore slyly ups the odds of getting with this sexy psychic by stacking her tarot deck with lovers cards. While Bond's caddish behaviour and games of deceit can sometimes paint women as naive, Solitaire herself was a card shark, getting James to draw the fool in their first encounter. So just maybe she played him just as much as he played her.

Flirt Spurt: "Pick a card."

Post Bond: Starred in Dr. Quinn Medicine Woman in the 1990s and played the randy mom in Wedding Crashers

Diana Rigg

Age: 73
Bond girl name: Tracy di Vicenzo
Movie: On Her Majesty's Secret Service

Convincing a perpetual playboy to stick around for breakfast after a roll in the hay takes some doing, throw in an engagement ring and you know this must be love. Taming George Lazenby was a plot point made more believable to audiences as Rigg already dwarfed the one-movie Bond for spy-cred, having played Emma Peel on The Avengers. Being one of the first Bond girls with a name that didn't elicit schoolboy snickers also surely helped matters.

Flirt spurt: "Why do you persist in trying to rescue me, Mr. Bond?"

Post Bond: Won a Tony for playing the title character in Medea and hosted Masterpiece Mystery from 1989-2004.

Ursula Andress

Age: 76
Bond girl name: Honey Rider
Movie: Dr. No

They say you never forget your first love. Well your first extended movie ogle also belongs in the top drawer of the mental filing cabinet. Honey Ryder's white bikini clad entrance remains the fifty-year old franchise's most iconic scene. It's also a testament to the magic of movies as her Swiss-German accent was so thick her lines had to be dubbed. Andress' sexy sea to shore saunter was later paid homage to by Halle Berry in Die Another Day and Daniel Craig in Casino Royale.

Flirt spurt: Honey — What are you doing here? Looking for shells?" Bond — "No, I'm just looking."

Post Bond: Played Aphrodite in Clash of the Titans.

Severine: From Cambodia with love

KIERON MONKS
Metro World News in Buckinghamshire

When the model and TV actress first heard that Skyfall auditions were to be held Paris, she became obsessed. "I sent my reel to anyone on Facebook related to the movie," Bérénice Marlohe recalls.

But after the casting director got in touch and she found herself testing scenes with Daniel Craig and Sam Mendes, the pressure hit home.

"There were moments when I felt scared and trapped by this huge concept of Bond girl", the 32-year-old admits. Marlohe's first passions were art and the piano, and as a self-confessed "paranoid" — starring in a $150 million blockbuster represented a departure from her comfort zone.

The 32-year-old was helped in her role as the mysterious Severine by studying Famke Janssen's dominatrix Xenia Onatopp in GoldenEye. "It's so original to have a character who kills and has an orgasm at the same time, that's what we go to movies for."

In the end, a sense of responsibility pacified Marlohe. Of Cambodian descent, she saw the global platform offered by the role as a chance to represent her country, still scarred by recent genocide and continued oppression "I see it as power to be a voice for my country, to speak for those who don't have that chance. I will use the celebrity for human rights".

Exclusively online

- **Timeline.** We introduce you to James Bond's newest nemesis in tomorrow's edition of Metro. Go online to metronews.ca/features for our complete look at 50 years of Bond movies.

2

SCENE

Scene in brief

Racing to measure the heavens

On June 5 or 6, depending on the time zone, millions of people around the globe will watch Venus glide across the sun in a rare celestial event that won't happen again until 2117. Because the planet is just 1/32nd the diameter of the sun, its silhouette will appear as a black speck during its six-plus hour passage. Observers must guard their eyes from dangerous solar rays lest they go blind in an instant. So why go to the trouble, you ask? Because not that long ago, the Transit of Venus was the key to unlocking the distance between Earth and the sun — and by extension, the size of our solar system. And also because the strenuous efforts of 18th-century astronomers to measure the exact time and duration of this singular event represent one of the most thrilling chapters in the history of science. In a fitting homage to those courageous and dedicated souls, British design historian Andrea Wulf has written an absorbing account of their expeditions to do so in 1761 and 1769. (Transits come in pairs that are eight years apart and separated by over a century.) Check out Chasing Venus: The Race to Measure the Heavens (Alfred A. Knopf), by Andrea Wulf.

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On the web

Judge in Montana dismisses lawsuit against Three Cups author Greg Mortenson

Adrien Brody goes back to school

Detachment. Academy Award winning actor tries to inspire youth in his latest role as a public school teacher

NED EHRBAR
Metro World News in Hollywood

Adrien Brody is an emotionally arrested substitute teacher in Detachment. HANDOUT

Oscar-winner Adrien Brody has been particularly choosy when it comes to roles lately, popping up in very few movies in recent years — in fact, in 2011, he didn't do much besides his cameo as Salvador Dali in Midnight in Paris. That level of pickiness makes him a good match for the equally choosy writer-director Tony Kaye, whose Detachment — in which Brody stars — is only his third feature film, after American History X and Black Water Transit. The son of a teacher, Brody felt a special connection to the project, in which he plays an emotionally arrested long-term substitute teacher facing a gruelling assignment at a public high school.

What initially drew you to the project, to working with Tony?
Well, I look to find material that has some social relevance, that has something greater than being merely entertaining, and this film touches on such important matters that affect all of us and our future, and the importance educating young people and giving them a sense of guidance that I feel so many young people are missing. And I also know how valuable that is, just knowing my parents have provided the right influence on me. I surely would've turned out very differently without that. I also went to public school, and I know that it's filled with challenges for both the teachers and the administrators and the students. I think it's just a complex, relevant story, and I wanted to be a part of it.

It does seem an important story to tell, the perspective of the teachers.
The film also to me is a reminder that you can't have that expectation of your teachers to just make everything right, and that it has to begin in the home. The education and the guidance and the sense of a greater understanding of the world around us has to come from home.

Tony Kaye presents the film in a fairly arty, unconventional way. Did it feel that way shooting it?
Well, Tony has a spontaneity and an unconventional approach to a lot of things that I find very exciting to be a part of. We are making a film and there are certain rules and restrictions — you need adequate lighting and you need film and you need a scenario and you need actors to relate to one another, but Tony is very receptive to the energy. He knew where to be and when. He would heighten certain moments, and I find that really interesting — especially with regard to my character. I've seen the film several times and I played the role, but it's still so unpredictable to me. You don't really know if he's bad or if he's something incredibly good. And I love that. I think too often protagonists turn out to be predictable. And you know, Tony achieved that by really pushing the envelope and pushing me to go to extremes.

Did you have any teachers in your own life that had an impact on you?
Well sure. A lot of young kids don't have a tremendous amount of patience, and some teachers really have a knack for getting your attention and keeping it. But unfortunately many don't. I have a few that were real gems, and the greatest of them all would be my father. Even though he wasn't my teacher in a school, my father was the one who really instilled the most in me. I know that his students loved him. He has a profound patience and generous nature and thoughtfulness. At a very young age he really made me understand accountability and taught me a great deal about history and the world around me, so I'm grateful for that.

Couric to launch web show for ABC News and Yahoo

Katie's Take. Couric taking on the digital world where she will 'cut through fads and trends'

Katie Couric is launching a weekly Web series for Yahoo News and ABC News about health and lifestyle issues.

The series Katie's Take will premiere Tuesday on Yahoo. Yahoo Inc. formally unveiled the show Wednesday at a presentation to advertisers in New York.

Couric left the anchor chair of the CBS Evening News last year. She is currently a special correspondent for ABC News. She is launching a syndicated talk show, Katie, this September.

In a statement, Couric said she is "happy to have found a place in the digital world where I can cut through fads and trends."

Last year Yahoo and ABC partnered to share content. Articles from Yahoo News appear on ABC News' website, and videos from ABC News go to the Internet portal.

Yahoo also announced several more original online series in its continuing push to offer hours of premium video content. Matthew Weaver and Chris D'Arienzo, the creators of the musical Rock of Ages, are developing a musical comedy with a working title of Dancing With Myself.

The company is also developing a talk show with Jeff Goldblum planned for July, a series titled Stunt Nation with host Sal Masekela, and four other shows will be targeted at male audiences.

Yahoo's most highly anticipated series, the animated sci-fi Electric City, produced by Tom Hanks, is to debut later this year.

THE ASSOCIATED PRESS

Other Yahoo shows

Yahoo has announced several other original online series:

- **Dancing With Myself.** Working title of show by Rock of Ages creators.
- **Jeff Goldblum.** Will host a talk show planned for July.

Katie Couric. GETTY IMAGES

Were M.J. and Whitney an item?

Michael Jackson's former bodyguard claims the late King of Pop had an affair with Whitney Houston in 1991 — and even wanted to marry the late singer.

"Whitney practically moved into Michael's ranch and they had a fling like any other young couple," Matt Fiddes tells the Sun. "Michael said later he had always hoped the relationship had gone further, and I know he dreamed of marrying her." Fiddes says the pair had one more run-in at a 2001 tribute concert for Jackson. "They were both a mess, to be honest," Fiddes says of the reunion. "They shared what would be their final hugs and Michael begged Whitney to get off the drugs that were destroying her life." For those keeping track at home, Fiddes is the same former bodyguard claiming to be the biological father of Jackson's youngest child, Blanket, insisting that Jackson used Fiddes' sperm to conceive the boy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

THE WORD
Dorothy Robinson
scene@metronews.ca

Keeping up with E!

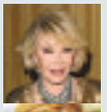
According to a source at Us Weekly, "Khloe Kardashian has pulled the plug," on her E! spin-off series Khloe and Lamar. The reason, according to TMZ.com, is that Lamar Odom wants to focus on reviving his faltering NBA career.

However, Kardashian's publicist tells Entertainment Weekly: "The show has not been cancelled. It will depend on their schedules as Lamar's basketball schedule is a priority."

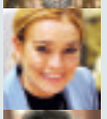
If the series doesn't return for a third season, at least there's another reality TV show about the trials and tribulations of young married life hitting the network. Married to Jonas, starring Kevin Jonas and his wife, Danielle, will follow the couple as they navigate their daily lives at their New Jersey home while juggling his recording and touring schedule and various sets of in-laws.

Here's an idea, E!: Have Khloe and Lamar move next door to the Jonases, get Lamar on the (now Brooklyn) Nets with Kim Kardashian ex Kris Humphries, and create the most beautiful reality TV mash-up in the world. You can thank (and pay) me later.

Twitter



@loan_Rivers
A nightclub patron accused Lindsay Lohan of throwing a drink in her face? Can't be true! Lindsay would never let any booze go to waste.



@lindsaylohan
didn't miss my flight, was always taking a red eye because i was working during the original flight

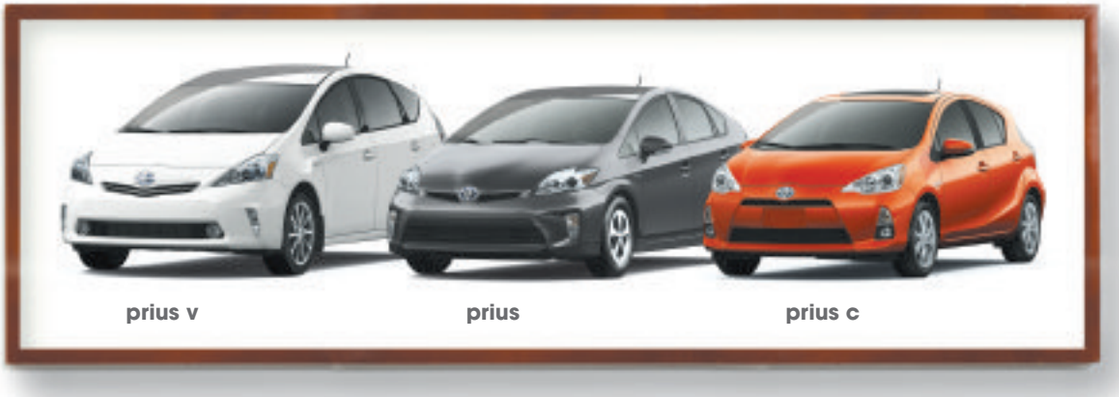
@SimonCowell
Hate to admit that @piersmorgan is a brilliant interviewer

@AlbertBrooks
Two Avengers just came up to my kids on the street and took $50. This movie is going to make a fortune.

McDreamy to the McRescue

Grey's Anatomy star Patrick Dempsey played a real-life hero when a teenager's car flipped over onto the yard of his Malibu home, according to People magazine. Dempsey used a crowbar and fire extinguisher to pull the 17-year-old driver, Weston Masset, to safety. "I was scared for my life. I was upside down," Masset says. "He was there for me. It would have been a lot worse without him." The teen admits he was a bit caught off-guard when he was pulled from the car and saw Dempsey standing over him. Masset remembers asking, "Are you famous?" to which Dempsey reportedly replied, "Yeah, I'm a doctor."

enter the pick your prius contest for your chance to win a new family member.



visit metronews.ca/pickyourpriuscontest to enter for your chance to win the prius of your choice*.

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3 LIFE

Rubik's Cube

40 years of frustration

It's a puzzle, a metaphor and a hit toy — and in a couple of years, the Rubik's Cube will be a museum exhibition in celebration of its 40th anniversary. The toy's creator, Erno Rubik, 67, was being honoured at a gala at the Liberty Science Center in Jersey City. He has travelled from his native Budapest, to help develop the exhibit, which will open in April 2014. The exhibit is scheduled to travel for seven years to design science museums around the world. Rubik was an architect teaching a class at the Budapest College of Applied Arts in 1974 when he decided to build a cube to teach students about 3D space. He soon realized it could become a hit toy when students and fellow teachers couldn't put it down. It was mass-marketed in the West in 1980 and has been an enduring sales hit, selling more than 500 million all over the world, not counting the counterfeits, according to Rubik. Rubik insists he "discovered" the cube rather, than invented it.

THE ASSOCIATED PRESS

On the web

Analytical thinkers are less religious than people who go with their gut

Top infertility treatments

1 IUI (Intrauterine Insemination)

This is the act of placing sperm into a woman's uterus during ovulation. Lower tech, less intrusive methods such as IUI are becoming increasingly popular but their success rate depends entirely on the initial cause of the infertility.

2 Clomid

This widely prescribed and inexpensive pill helps women get their ovulation in synch. It is one of the most successful fertility drugs.

3 Adoption

Adoption can be costly and challenging in many ways and its success is hugely dependent on external factors like wait times.

Some experts are trying to make it more socially acceptable to talk about infertility. HANDOUT

Open up on infertility

It's time to talk.
Experts are trying to get people discussing the issue of not being able to have children

ROMINA MCGUINNESS
Metro World News

A house. A car. A career. A spouse and 2.5 kids. Should you choose to live conventionally, you probably spend your days in pursuit of all of the above. Most are within your control. If you want a car, you save and buy one. If you want a spouse, you have a drink, and then meet friends of friends. But the 2.5 kids — what happens if your body can't produce a child?

Infertility is something you don't hear a lot about, among people in their 20s, but experts are aiming to get more people accepting of the issue.

Barbara Collura, Executive Director of RESOLVE: The U.S. National Infertility Association, says there's a stigma and shame attached to infertility that's prevented it from being discussed properly.

"Anyone in the AIDS world will tell you how 25 years ago people thought it was contagious — now, everyone speaks about it," she says. "But with infertility, we haven't gotten to the point where people are ready to open up." Until society normalizes infertility, don't expect to see people running marathons shouting 'woo hoo! I'm infertile!'

So why is infertility such a sensitive subject? One reason is because it revolves around sex.

"The moment someone finds out they can't reproduce, they feel let down by their body. The way they see it is that it's not performing the way it 'should' be," explains Collura, who also believes that getting people talking about their reproductive system the way they do about sex is the only way to increase public awareness.

Giuliana Rancic, the 37-year-old E! News presenter and reality star, is one of the rare celebrities to have opened up about her battle with infertility. Rancic and husband Bill's journey into parenthood and attempt at IVF (in vitro fertilization) was aired on their reality TV show Giuliana and Bill and watched by millions of people worldwide.

The show took a dramatic twist when Rancic was diagnosed with breast cancer, further jeopardizing her chances of becoming a mother.

"For some of the women in their twenties and thirties watching Rancic's show, it was the first they had ever heard about infertility—and the only place they had heard about it," says Collura. "This is not where we want people to be getting this sort of information, but at least they're getting something."

So where else should those afflicted go for information? Facebook, Twitter, blogs like The Infertility Voice, whose founder wrote the column on this page. Social media often allows you to be anonymous.

"You could be in the place where you are willing to share your story but not your name," says Collura.

Either way, it's the conversation that's important.

On the web

Want more?

- **Personal.** Read one woman's personal account of dealing with infertility at metronews.ca.

How to ... cope with the stress of facing infertility

There are lots of ways to deal with the stress associated with infertility. Here are just a few:

If you're feeling sad

The endless waiting and hoping has left you feeling irritable, lethargic and extremely sad. Write down a list of all the good things you do have in your life. This will help you visualize your strengths and forget your weaknesses.

If you're feeling angry

The fact you can't get pregnant makes you feel helpless and vulnerable. Don't let this anger consume you. Aerobic exercise such as running or swimming can help relieve some of the accumulated tension. Relaxation techniques such as yoga can also help you clear your mind.

If you're feeling guilty

If repeated attempts at pregnancy have been unsuccessful, you may start to believe that what's happening to you is your fault.

It's hard to accept that your body is out of your control. Acceptance is the only way to realize you're not a failure and that you can't go on blaming yourself for something you didn't do.

ROMINA MCGUINNESS

By the numbers

47.7%

In 2010, 47.7 per cent of women fell pregnant after IVF cycles—41.7 percent of these resulted in live births. (Figures based on fresh embryos from non-donor oocytes.) The only treatment tracked is the number of IVF (in vitro fertilization) cycles — ironically — it is the least popular.

Waiting is the hardest part. HANDOUT

Flavours, textures mingle in Tomato & Sweet Potato soup

Marcona almonds are entirely different than the more common California almond.

A higher fat content explains the textural difference — tender-crunchy and moist.

As for flavour, think savoury and steak-like.

It doesn't hurt they're typically processed by being fried in olive oil, then sprinkled with salt.

1. In a large saucepan over medium-high, heat oil. Add onion, garlic and sweet potato. Sauté for about 10 minutes or until sweet potato starts to brown.

2. Add diced tomatoes, tomato sauce and chicken broth. Bring to a simmer and cook for about 20 minutes or until potato is very tender.

3. Working in batches if needed, transfer soup to blender and puree until smooth. Return to pan, stir in vinegar and season with salt and pepper to taste.

Ingredients

- 30 ml (2 tbsp) olive oil
- 1 onion, finely diced
- 1 clove garlic, minced
- 500 ml (2 cups) peeled, diced sweet potato (1 large)
- 1 can (796 ml/28 oz) diced tomatoes
- 1 can (426 ml/15 oz) tomato sauce
- 500 ml (2 cups) chicken broth
- 15 ml (1 tbsp) balsamic vinegar
- Salt and ground black pe per, to taste
- 125 ml (1/2 cup) chopped marcona almonds
- 15 ml (1 tbsp) finely chopped fresh rosemary

4. In a small bowl, mix together almonds and rosemary. Ladle soup into serving bowls, then sprinkle almond mixture over each serving. **THE ASSOCIATED PRESS/ THIS RECIPE WAS ADAPTED BY EMILY RICHARDS FOR METRO NEWS. EMILY IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOKS.CA.**

Tomato & Sweet Potato Soup with Rosemary Marcona Almonds

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Cinnamon & Sugar Fries.
Enjoy this yummy snack made with pie pastry

1. Let frozen pie shell thaw at room temperature for 15 mins.

2. In bowl, combine cinnamon and sugar; set aside.

3. Remove pie shell from foil pie plate onto clean, flat, floured surface. If cracks appear in pastry, press together and repair using fingers moistened with water. Cut out strips, about 1 by 7.5 cm (1/2 by 3 inches), using fluted pastry cutter, and place on a parchment-lined baking sheet.

4. Brush pastry with butter and sprinkle with cinnamon mixture. Bake in 200 C (400 F) oven for 12 mins or until pastry is golden. **THE CANADIAN PRESS/TENDERFLAKE ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOKS.CA)**

Ingredients

- 1 frozen deep-dish pie shell
- 5 ml (1 tsp) ground cinnamon
- 10 ml (2 tsp) granulated sugar
- 10 ml (2 tsp) butter, melted

Classy bites: Prosciutto-Wrapped Asparagus

Grilling. Southern food expert Elizabeth Karmel shares a very simple recipe that will wow your guests and their taste buds

I have always loved asparagus. But the minute I tasted grilled asparagus, it went from a vegetable I liked to one that I was madly in love with.

Every time I make it — seasoned with my basic grilling trilogy of olive oil, salt and pepper — people ask for the recipe.

Most people don't realize what a powerful flavour enhancer the heat of the grill is. And this simple recipe really shows just how powerful it is.

It works because the high heat of the grill causes the natural sugars in the asparagus to caramelize, accentuating its nutty, sweet flavours.

Though asparagus is available all year, it's a sure sign that spring is here when the local asparagus begins to arrive at the grocer. I prefer the thick-bottomed stalks that snap instead of bend with tight tops and a plump green look to them.

I usually buy asparagus the day I am going to cook it, but you can keep it fresh in the refrigerator the same way you keep parsley fresh — cut off the bottoms and place the entire bunch upright in a glass of water, similar to a bouquet of flowers.

When you are ready to cook it, you need to trim the bottoms. You have two options. You can snap the stalks one at a time. Or, if you've kept the bunch intact, lay it on its side on the cutting board and use a knife to cut just below the rubber band.

I then wash my asparagus, dry it and place it in a zip-close plastic bag. Drizzle olive oil in the bag, seal it and "massage" the stalks so that all the exposed surfaces have a light coating of oil. This is essential for juicy grilled asparagus. Otherwise, it will dry out and might stick to the grates.

Grilled asparagus needs no adornment to enjoy, but in honour of spring ham, I am wrapping the room-temperature grilled asparagus with translucent slices of prosciutto for an antipasto appetizer all in one bite. You can take it even further and dress it up as a gorgeous salad with a dollop of fresh mozzarella and a drizzle of olive oil, coarse sea salt and cracked black pepper. Either way, it's the perfect way to celebrate spring!

1. Trim off tough bottoms of asparagus spears. Wash and dry the spears.

2. Place asparagus in a large resealable plastic bag. Add enough oil to allow you to massage the spears and coat them entirely with olive oil. Sprinkle with salt, if using, and massage again. Leave asparagus in the bag until ready to cook.

3. Place asparagus over medium heat on grill crosswise so they won't fall through. Grill for 8 to 12 minutes (depending on size and thickness of stalks), turning occasionally to expose all sides to the heat. The asparagus should begin to brown in spots (indicating that its natural sugars are caramelizing) but should not be allowed to char.

4. Remove from grill and let cool to room temperature. Wrap each stalk of grilled asparagus with a thin piece of prosciutto. Serve.

THE ASSOCIATED PRESS/ELIZABETH KARMEL (GRILLING AND SOUTHERN FOODS EXPERT) ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 500 g (1 lb) fresh thick asparagus
- 30 to 60 ml (2 to 4 tbsp) extra-virgin olive oil
- 1 ml (1/4 tsp) kosher salt (optional)
- 250 g (1/2 lb) thinly sliced prosciutto

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Are you a shallow dog owner? ISTOCK

Sorry Rover, only 10s get to come home with me

Pets. People choose dogs based on looks and cats based on interaction: Study

CASSANDRA GARRISON
Metro New York

As pet owners, we share a special bond with our cats or dogs, who often take on the roll of a four-legged family member within our homes. Now, a new study has shed light on the mental process that takes place when people choose those beloved pets.

According to an ASPCA study reported by the Wall Street Journal, the reason that people settle on a particular dog is rather superficial, really. The lyrics of a favourite children's song prove to ring true:

How much is that doggie in the window? (arf! arf!)/The one with the waggly tail.

That's right, it's all about looks for 76.8 per cent of people when they're picking out a cute, rambunctious puppy, and 78.3 per cent of adopters when picking out an adult dog.

When it comes to picking out a cat, though, people tend to look more within. The study shows 77.9 per cent of adopters said how a cat interacts with people is the deciding factor on choosing it — probably because they all look the same anyway (full disclosure: we are dog people here at Metro). It's also the most important factor for 69.3 per cent of people picking out a kitten.

The study was particularly important for the ASPCA because it provided insight into how people select pets that are up for adoption.

Sure, it's easy to settle on a cute, clean puppy or a frisky kitten — but many animals that wind up in shelters have had a rough life on the streets or have suffered abuse, causing dogs to sometimes lack that freshly groomed look or cats to shy away from people.

A person's tendency to choose interactive pets was especially evident when adopters answered the question, "What did this pet do when you first met him/her?"

Sounds like picking out a pet is almost like picking out a dating partner.

Pseudoscience

- If someone adopts a pet, they're probably a pretty nice person, right? A new study says niceness (and meanness) might be in the genes.
- On that note, nice people probably have a more positive outlook, which could be good for your heart, according to research.

Tips to ensure a 'child-free' wedding

CHARLES THE BUTLER
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For more, visit
charlesmacpherson.com

Hello Charles the Butler! I'm really hoping you can help. My niece & her fiancé are trying to figure out how to create their wedding invitations, making the "no children" very clear. I was thinking that if the invitation is addressed to only "John and Jane" with the reply card also only having their names on it, that might suffice. They are worried that some in the family will still not get it. Do they write "adults only please" right on the invitation? We appreciate any advice that you can provide. Thank you,
Sydney

Hello Sydney,

I just dealt with this question for my dear friend Julie who is getting married in July.

1. You are correct in that the envelope should only be addressed with the names of who is invited to the event.

2. The reply card should be left blank for people to write the names in themselves. Why? Because this will help as most people thinking of bringing their children would likely write their names too, so that they are included for dinner, and this method will allow you to catch this early.

3. Finally make sure all family members like parents, brothers, sisters, wedding party, etc., know you want an adult-only party and so they can bring this up in conversation with those who have children. They can say, "So have you organized your child care for the wedding yet?" or "I bet you're looking forward to a nice adult evening at John and Jane's wedding!"

I believe this is the best approach. Now what to do if someone shows up with children in tow despite all of the above?

As grumpy and disappointed as you have every right to be, remember that these are your guests — just be gracious and get through the event. Starting a fight or mentioning how this is "adults only" will inflame the situation and cause a scene, which is the last thing you want!

Good Luck to the couple.

Keeping your wedding an adults-only event can make the invitation process a little tricky. ISTOCK

Afraid of higher interest rates? See it as an opportunity to tackle your debt

Strategy. If you're dealing with debt, here's how to prepare yourself for the Bank of Canada's looming interest rate hikes

YOUR MONEY
Alison Griffiths
money@metronews.ca

What every consumer has been waiting for — and either dreading or celebrating — has finally happened. Mark Carney, Governor of the Bank of Canada, has flung open the door on interest rate hikes.

A rate increase, on its own, would also strengthen the loonie. Just witness what happened last week when Carney simply ruminated on higher interest rates — the loonie promptly shot up a cent.

And that's not desirable for most Canadian businesses, especially manufacturers.

However, Carney is clearly thinking about some kind of intervention such as quantitative easing (a.k.a. printing money) to devalue the dollar, allowing him to boost rates and cool the ferocious record borrowing of Canadians.

Since we might face a raise in rates as early as the fall and almost certainly by the end of the year, everyone with debt should embark on a protective strategy.

Live the increase

Among the most vulnerable to the interest rate hikes are those with large personal or home equity lines of credit. Those rates will rise in tandem with the prime rate.

Use an online calculator and add half to three-quarters of a per cent to your LOC rate. Then pay the higher monthly amount.

If rates don't rise you're ahead. If they do you are prepared. And if you can't make the extra payment you need to re-visit your budget and find something to cut.

Boost e-savings

In a higher interest rate environment, the last thing you want to face is an unexpected expense and be forced to pay it with a credit card.

Emergency savings are critical, especially for families. Even setting aside an extra $50 each month will help.

Are you prepared?

- Thirty-three per cent of Canadians have one to three months of living expenses saved for emergences, according to a 2012 TD Canada Trust survey.

Delay spending

Whether it's a new smartphone, e-reader, car or wardrobe you hanker for, put off all unnecessary expenses — especially if you have non-mortgage debt hanging around.

It's easy to cloak our wants as needs, so delay spending on those non-essential items.

Consider your mortgage

Rising rates send many homeowners scurrying to switch from variable to fixed.

But there's no hurry. Rates have to jump by the difference between variable and fixed before you are actually paying more.

Among those most vulnerable to interest rate hikes are those with large lines of credit. ISTOCK IMAGES

Make the most of your mortgage

Switching mortgage lenders only makes financial sense when a borrower can save money. ISTOCK IMAGES

Give me a break on my mortgage break fee!

Should you switch?

Take emotion out of the equation and let math dictate the decision.

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I recently sold my house and have decided to get a new mortgage through a mortgage broker rather than my bank.

So, I met with my bank last week to discuss the transaction and learned that the cost to break my existing mortgage is nearly $5,000!

Hogwash! For $5,000 I could take a three-week European vacation or contribute the annual maximum amount to my tax-free savings account.

Mortgage prepayment charges are the costs to "break" your existing fixed-rate mortgage contract.

They exist because the lender has to borrow the funds needed for the mortgage from the market. When a borrower "breaks" a mortgage, the lender is charged a "breakage cost," which is passed along to the borrower to offset the cost that the lender is charged.

Prepayment charges are typically calculated based on the greater of three months interest penalty or interest for the remainder of the term on the amount prepaid calculated using the interest rate differential.

The interest rate differential is the difference in the interest payable on your existing mortgage versus that payable on a replacement mortgage, calculated on the time remaining in your existing mortgage term.

To determine whether it's worth switching lenders, I've followed these steps:

1) Take emotion out of the equation and let math dictate the decision.

2) Evaluate whether the new lender has a more attractive interest rate, term and flexible repayment schedule (such as accelerated payments, double-up payments or annual lump sum contributions up to 10 per cent).

3) Using a free online banking mortgage calculator (available at any major bank or mortgage website), calculate the break-even rate needed to make it worth switching.

4) Confirm with the existing lender, by phone or in person, the exact fee. Present this information to the new lender and begin negotiating for either the fee to be lowered or to have the new lender pick up part of the tab.

Switching mortgage lenders only makes financial sense when a borrower can save money.

In my case, I'll save thousands of dollars (over the lifetime of the new mortgage) by making the switch, but I still have more negotiating to do before I can pull the pin on my existing mortgage.

4 SPORTS

NBA playoffs

"I don't think I've ever been part of a game like that ... but it's just one game."

Los Angeles forward Blake Griffin on Monday after his Clippers finished Game 1 of their first-round playoff series in Memphis on Sunday night with a 28-3 run to top the Grizzlies 99-98. Memphis had a 24-point advantage with 9:13 left in the fourth quarter before the Clippers comeback began.

"They got more aggressive defensively, and we took some bad shots and we made some turnovers."

Grizzlies coach Lionel Hollins.

On the web

After a first-round flame out last season, San Antonio point guard Tony Parker told journalists in his native France in the summer that the Spurs' aging dynasty appeared to be coming to an end. Now with Parker taking over the offensive catalyst role from Tim Duncan, there is renewed hope in San Antonio. Scan the code for the story.

Coyotes forward Radim Vrbata scores as the Predators scramble in front of goaltender Pekka Rinne on Sunday in Glendale, Ariz. CHRISTIAN PETERSEN/GETTY IMAGES

Predators plan to hit reset in Nashville

NHL. Defence-first club focused on eradicating sloppy play after falling into 2-0 hole in Phoenix

The Nashville Predators better hope a return home helps them put their defence back together, or their second straight Western Conference semifinal will end much quicker than a year ago.

The Predators flew home Monday trailing Phoenix 0-2. A team so confident after ousting the Detroit Red Wings in just five games let the opener slip away in overtime in the desert, and then the Predators made mistake after mistake in losing Game 2 on Sunday night 5-3.

Coach Barry Trotz is considering lineup changes to get his Predators back on track. He needs something going into Game 3 on Wednesday.

"The positive things are our power play is hitting pretty good," Trotz said. "We're back home, where we can be very comfortable and get this thing back on the rails, which is really good. We know what we have to correct, it's just a matter of getting it done. We know the Coyotes are a good opponent, and we need to focus on what we need to do."

The Predators were sixth in the NHL at home in the regular season with a 26-10-5 record. They also outscored opponents 124-103 on home ice.

But the Coyotes are pretty comfortable in Nashville, too, having won three straight in Music City. They also have yet to lose on the road this post-season after taking all three games in Chicago in the first series. Phoenix coach Dave Tippett said on a conference call Monday that the key for the Coyotes is their game doesn't change at home or on the road.

"We defend well. We rely on everybody to do the job for us," Tippett said.

"The other thing is that sometimes it's fun to go in to play in a hostile building."

Perhaps the thing most galling to the Predators is that the Coyotes are beating them with their own style: Good goaltending, team defence and hard work.

"We have to get back to our identity a little bit," Trotz said.

It won't be easy with Phoenix coming off its biggest win of the post-season. The Coyotes avoided overtime for only the second time in eight games with Sunday's victory.

THE ASSOCIATED PRESS

Quoted

"It's gut-check time for us. We really have to focus on turning things around and getting back our identity."

Nashville forward Mike Fisher on getting back into the series.

NHL awards

League announces trio of top coaches

The Ottawa Senators' Paul MacLean, St. Louis Blues' Ken Hitchcock and New York Rangers' John Tortorella were named nominees for the Jack Adams Award on Monday.

The award is handed out to the head coach who has "contributed most to his team's success."

THE CANADIAN PRESS

MLB

Young banned after hate-crime arrest in New York

Delmon Young was suspended by Major League Baseball on Monday for seven days without pay following his arrest on a hate crime harassment charge last week in New York.

The commissioner's office said the suspension is retroactive to Friday, when Young was arrested after a late-night tussle at his hotel during which police say he yelled anti-Semitic epithets.

"Those associated with our game should meet the responsibilities and standards that stem from our game's stature as a social institution," Commissioner Bud Selig said in a statement. "An incident like this cannot and will not be tolerated. I understand that Mr. Young is regretful, and it is my expectation that he will learn from this unfortunate episode." THE ASSOCIATED PRESS

Delmon Young. GETTY IMAGES FILE

From NFL disappointment to CFL hope

Bo Adebayo has a new lease on his football life.

When the six-foot-three, 265-pound defensive end began his senior season at Western Kentucky last fall, it was with the knowledge he might be playing football for the last time. Although eligible for the 2012 NFL draft, Adebayo figured if he didn't make it he'd have to hang up his cleats.

But after being bypassed in last week's NFL draft, Adebayo is now setting his sights the CFL, thanks to his roots.

The 24-year-old was born in Edmonton and spent eight years in Alberta before moving to the U.S, and growing up in Georgia. Adebayo's top goal was to reach the NFL and returning to Canada to play football wasn't on his radar.

But when he learned the CFL was an option, Adebayo successfully applied for non-import status in the 2012 draft, which will be held Thursday.

Quoted

"I feel like I still have so much more I can do and show on the field."

Defensive end Bo Adebayo

Riders in 'driver's seat' heading into draft

Saskatchewan Huskies guard Ben Heenan remains the consensus No. 1 pick and Saskatchewan Roughriders GM Brendan Taman said Monday he has spoken to other CFL GMs about the top selection.

- But Taman said he hasn't received an offer that matches his asking price of a 2012 first-round pick, a future selection and-or a Canadian player.
- "We're the ones in the driver's seat here so we'll control what we control and right now we control the No. 1 pick," Taman said.

"To be honest, I never really thought about (playing in CFL) because I was so focused on trying to make it to the NFL," Adebayo said via telephone from Bowling Green, Ky., on Monday. "My coaches used to talk to me about it in practice and that's when I started thinking I should look into that as maybe a backup plan, but now it's going to be the main plan."

Adebayo's mother was attending nursing school in Edmonton when he was born while his father worked as a university professor. He's the youngest of four boys but the only to be born in Canada.

And he can't wait to return.

"I've been looking forward (to the CFL draft) for a very long time and having the opportunity to return to Canada and play football," he said. "It's just a great opportunity."

THE CANADIAN PRESS

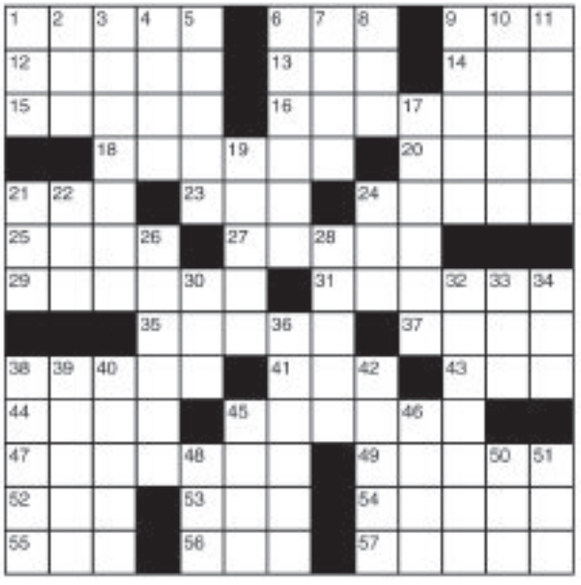
Crossword

Across

1 Incubator noises
6 Diner lunch order
9 Links stat
12 Characteristic
13 Actor Stephen
14 Feast-famine link
15 Match
16 Beforehand
18 Man with all the answers?
20 Initial stake
21 La-la lead-in
23 Columnist Smith
24 Michaelmas daisy
25 "— Fiction"
27 Dweebs
29 Exasperating
31 Farewells
35 Swag-bag item
37 Facility
38 Different
41 Common Mkt.
43 Uncultured
44 "Arrivederci"
45 Jackson or Johnson
47 Frank
49 In reserve
52 Schedule abbr.
53 Ms. Farrow
54 Cart
55 Aye canceler
56 Frivolous one of song
57 Craves (for)

Down

1 Sch. org.
2 Work unit
3 Mundane
4 See 5-Down
5 With 4-Down, Atlantic City attraction
6 Light wind
7 Secrecy thwarter
8 Pitch
9 Purpose
10 Mountain crest
11 Harder to find
17 TV pooch
19 Game of chance
21 Choose
22 "— Town"
24 Toss in
26 Dupe
28 Shone in beams
30 Postal creed word
32 Some insects
33 NAFTA signatory
34 Ply a needle
36 Re canines, etc.
38 "Caribbean Queen" singer Billy
39 Coronet
40 Magician Houdini
42 Go on all fours
45 Largest of the seven
46 Birthright barterer
48 North Sea feeder
50 Speck
51 Navy rank (Abbr.)



Sudoku

		4	7			9	2	
2						3		7
	1			8				5
	7				8	5		
			5		6			
		9	1				7	
4				2			6	
3		6						9
	8	7			4	1		

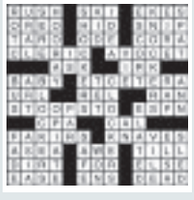
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	4	7	5	3	2	1	9	8
1	2	8	4	9	8	7	3	5
9	5	3	1	8	7	2	6	4
3	8	1	9	6	5	4	2	7
5	7	9	2	4	8	6	1	3
2	6	4	7	1	3	5	8	9
7	1	6	3	5	9	8	4	2
4	9	2	8	7	1	3	5	6
8	3	5	6	2	4	9	7	1

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

V K N R D F X K R N O T P I Y G

B N J J E Y J Z I V K Y N P T

I D Y Y R K F G X H Y V G O F T B T I

Y E B Y P G ? Z T P G T J I N G H T P I .

Yesterday's Cryptoquip: IF A CERTAIN WIND INSTRUMENT WERE DECLARED OFF-LIMITS, WOULD IT BE FORBIDDEN FLUTE?

Today's Cryptoquip Clue: V equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You have something worth saying, something the world needs to hear, and it would be a crime to stay silent.

Taurus | April 21 - May 21. You need to be able to adapt when your plans don't turn out the way you expected.

Gemini | May 22 - June 20. Your mind is super sharp right now and you will find it easy enough to outsmart your rivals.

Cancer | June 21 - July 22. Someone close will be rather emotional today. Make it your task to calm them down and help them see the situation in a more logical light.

Leo | July 23 - Aug. 22. You don't have to change your views and opinions just because everyone else seems to believe something.

Virgo | Aug. 23 - Sept. 22. You will come up with an excellent idea today, the kind of idea that can make you a lot of money.

Libra | Sept. 23 - Oct. 22. If there is something you need to say that probably won't be welcomed by family and friends you must say it immediately.

Scorpio | Oct. 23 - Nov. 21. A friend or relative will offer you some advice today and if you are wise you will give what they say some serious thought.

Sagittarius | Nov. 22 - Dec. 21. Something that happens in the wider world will affect you personally today.

Capricorn | Dec. 22 - Jan 20. News from afar will cheer you up immensely today.

Aquarius | Jan. 21 - Feb 18. You will have a brilliant idea over the next 24 hours, but is it the sort of idea the world is ready for?

Pisces | Feb. 19 - March 20. So you got something wrong – so what? There may be plenty of room for improvement in your life but no way does that mean you are a failure. It means you've got space to grow to even greater heights.

SALLY BROMPTON

Caption Contest

Is that what I look like?
Jen

KERSTIN JOENSSON/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

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LTZ Model Shown**

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